

Welsh Spring Open 2025 - Llanelli Weightlifting Academy

Sunday 11th May Scoresheet (Groups 7 - 13)

Group 7 (W44 - W53 YOUTH)

LOT	NAME		Club	Announced Total	Bodyweight Category	Age Category	B/W	SNATCH kg			JERK kg			BEST		TOTAL	Sinclair	Pos
								1	2	3	1	2	3	SN	JERK			
667	Bella	RYAN	UNATTACHED	0	W44 (youth)	U12	40.95	12	14	16	18	-21	21	16	21	37	67.80	2
								4	3	3	5		4		19	56		
941	Zuzanna	TROJAKOVA	Llanelli Weightlifting Academy	55 kg	W44 (youth)	U12	44	26	29	-31	30	33	36	29	36	65	115.95	1
								4	4		8	7	7		30	95		
831	Macey	WILLIAMS	UNATTACHED	73 kg	W48 (youth)	U12	46.8	32	34	36	40	43	46	36	46	82	155.80	1
								3	3	3	7	8	8		32	114		
751	Mali	GOODWAY	UNATTACHED	30 kg	W53	U12	51.45	12	14	16	18	20	-23	16	20	36	54.25	2
								1	1	1	2	2			7	43		
902	Hattie	LAWTON-JONES	Llyfalyg Weightlifting Club	52 kg	W53 (youth)	U12	48.5	20	22	24	27	29	31	24	31	55	86.05	1
								4	4	4	7	8	8		35	90		
791	Nia	GOODWAY	UNATTACHED	70 kg	W53	U15	49.2	32	34	36	40	43	46	36	46	82	127.61	1
299	Arianwen	WILLIAMS	Llanelli Weightlifting Academy	67 kg	W58 (youth)	U15	54.55	26	29	31	36	39	42	31	42	73	105.37	1

Group 8 (M56 - M98+ YOUTH)

LOT	NAME		Club	Announced Total	Bodyweight Category	Age Category	B/W	SNATCH kg			JERK kg			BEST		TOTAL	Sinclair	Pos
								1	2	3	1	2	3	SN	JERK			
886	Casey	MCKEE	SAW - Strength Academy Wales	39 kg	M56 (youth)	U12	43.15	19	21	23	24	26	28	23	28	51	105.46	1
								4	4	3	7	8	7		33	84		
462	Lucas	PHILLIPS	SAW - Strength Academy Wales	75 kg	M56 (youth)	U15	55.1	33	35	37	44	46	48	37	48	85	159.54	1
691	Zach	JOHN	SAW - Strength Academy Wales	72 kg	M56 (youth)	U15	55.95	33	35	37	44	46	48	37	48	85	157.88	2
558	Harri	JERMIN-JONES	Llanelli Weightlifting Academy	74 kg	M79	U15	74.2	44	47	-50	57	60	63	47	63	110	140.82	1
812	Finley	LAWRENCE	SAW - Strength Academy Wales	130 kg	M98 + (youth)	U15	113.85	48	51	53	68	71	73	53	73	126	157.66	2
313	Jac	ESEN	Llanelli Weightlifting Academy	158 kg	M98 + (youth)	U15	100	70	73	-76	90	-95	-95	73	90	163	188.55	1

Group 9 (W58 - W69 YOUTH)

LOT	NAME		Club	Announced Total	Bodyweight Category	Age Category	B/W	SNATCH kg			JERK kg			BEST		TOTAL	Sinclair	Pos
								1	2	3	1	2	3	SN	JERK			
513	Priya	LILEY	Llanelli Weightlifting Academy	77 kg	W58	U 17	55.15	30	33	36	45	48	50	36	50	86	123.18	2
749	Hazel	WILLIAMS	SAW - Strength Academy Wales	94 kg	W58	U 17	56.9	36	38	41	52	55	-58	41	55	96	156.57	1
119	Sienna	JONES	Evolve Weightlifting Club	98 kg	W63	U 15	60.85	42	45	-48	52	56	60	45	60	105	140.84	1
185	Emily	HATFIELD	Llanelli Weightlifting Academy	67 kg	W63	U 17	58.55	27	29	31	37	40	-44	31	40	71	97.64	1
771	Poppy	JAMES	Evolve Weightlifting Club	94 kg	W69	U 15	65.3	40	43	-46	52	56	60	43	60	103	132.34	1
493	Ava	WNN	Evolve Weightlifting Club	97 kg	W69	U 17	66.25	-49	40	43	52	0	0	43	52	95	121.04	4
643	Cari	ADAMS	Llanelli Weightlifting Academy	107 kg	W69	U 17	65.1	47	50	52	60	64	67	52	67	119	155.18	2
767	Sarah	SPALDING	Resilience Weightlifting	108 kg	W69	U 17	67.25	49	51	54	-60	60	-63	54	60	114	146.82	3
966	Nyarai	HECTOR	Llanelli Weightlifting Academy	160 kg	W69	U 17	68.95	-65	-66	66	-85	-85	85	66	85	151	188.11	1

Group 10 (M60 - M98+ YOUTH)

LOT	NAME		Club	Announced Total	Bodyweight Category	Age Category	B/W	SNATCH kg			JERK kg			BEST		TOTAL	Sinclair	Pos
								1	2	3	1	2	3	SN	JERK			
732	Macsen	LLEWELLYN-OWEN	Llanelli Weightlifting Academy	110 kg	M60	U17	57.45	45	47	-50	68	-71	71	47	71	118	187.04	3
149	Sion	COLEMAN	Evolve Weightlifting Club	136 kg	M60	U17	57.75	58	62	-66	76	80	-82	62	80	142	228.79	2
541	Noah	ELLSON	HAWFC	162 kg	M60	U17	57.65	70	-73	73	95	98	-101	73	98	171	271.06	1
207	Llewellyn	WAITS	Unattached	198 kg	M65	U17	63.05	86	-89	-89	108	111	115	86	115	201	298.39	1
231	Macs	LLEWELYN	Llanelli Weightlifting Academy	115 kg	M79	U17	73.85	47	50	52	72	75	-78	52	75	127	169.89	2
950	Trystan	THOMPSON	UNATTACHED	165 kg	M79	U17	71.55	70	73	75	86	-89	91	75	91	166	261.08	1
114	Mascen	EVANS	UNATTACHED	133 kg	M88	U17	79.85	63	67	70	90	-95	-98	70	90	160	185.11	1

Group 11 (W63 - W69, Group B)

LOT	NAME		Club	Announced Total	Bodyweight Category	B/W	SNATCH kg			JERK kg			BEST		TOTAL	Sinclair	Pos
							1	2	3	1	2	3	SN	JERK			
519	Charlotte	WHALLEY	Resilience Weightlifting	155 kg	W63	61.3	70	73	76	80	85	90	76	90	166	221.63	2
654	Janine	DOVEY	SSC Weightlifting	161 kg	W63	62.35	72	74	-76	88	91	-93	74	91	165	217.88	3
889	Jo	McEWAN	Sarah Davies OLY Coaching	178 kg	W63	66.3	79	82	-85	-98	98	-101	82	98	180	229.25	GUEST
558	Bethan	WATKINS	G6Weightlifting	188 kg	W63	62.8	75	-78	78	97	100	-102	78	100	178	234.12	1
934	Fatiha	NUR PRATIWI	CUBC - Cardiff University Barbell Club	55 kg	W69 B	66.9	25	27	28	28	31	34	28	34	62	76.06	11
357	Martha	RICHARDS	CUBC - Cardiff University Barbell Club	86 kg	W69 B	67.85	-36	36	-38	42	46	-50	36	46	82	103.08	10
681	Matilda	PIKE	CUBC - Cardiff University Barbell Club	90 kg	W69 B	67.45	38	41	-44	-48	51	-54	41	51	92	116.03	8
585	Caroline	HURLEY	UNATTACHED	90 kg	W69 B	68.6	33	36	39	50	53	-56	39	53	92	114.94	9
984	Hayley	McCLELLAND	Evolve Weightlifting Club	105 kg	W69 B	67.7	-52	52	55	65	68	71	55	71	126	158.58	6
922	Celyn	MILLERSHIP	SAW - Strength Academy Wales	125 kg	W69 B	68.35	-50	50	-53	-65	65	-68	50	65	115	143.97	7

Group 12 (Para-Powerlifting)

LOT	NAME		Club	Rack Height	Announced Total	Bodyweight Category	Age Category	B/W	BENCH kg			BEST	AH COEFFICIENT	POS
									1	2	3			
247	Sara	JONES	Llanelli	5	60 kg	W41 (youth)	U17	53.4	43	45	47	47		1
864	Evelyn	THOMAS	SAW	2	43 kg	W67 (youth)	U20	64.25	69	-71	71	71		1
378	Ashleigh	HELLYER	SAW	2	75 kg	M80 Senior	79.95		60	-64	64	64		1

Group 13 (W86 - W86+)

LOT	NAME		Club	Announced Total	Bodyweight Category	B/W	SNATCH kg			JERK kg			BEST		TOTAL	Sinclair	Pos
							1	2	3	1	2	3	SN	JERK			
533	Georgia	KNOWLES	UNATTACHED	79 kg	W86	81.85	42	45	-48	50	54	-58	45	54	99	113.41	3
410	Ellie	DAVIES	UNATTACHED	106 kg	W86	85.3	45	48	-50	58	60	-62	48	60	108	121.61	2
729	Ella	BEARD	Maldstone Weightlifting Club	170 kg	W86	83.55	75	78	81	96	-99	101	81	101	182	206.68	1
915	Beth	CALDER	Crazy Strength	150 KG	W86+	114.85	61	64	-67	78	82	86	64	86	150	154.43	2
874	Grace	MORRIS	SAW - Strength Academy Wales	173 kg	W86+	97.8	67	71	75	95	-99	103	75	103	178	190.86	1